

## Tier 1 Dementia Awareness Training Unit 6 Worksheet

# Tier 1 Dementia Awareness Training Worksheet

### Unit 6: Supporting people to stay well

Unit 5 discussed the importance of using effective communication skills when talking & listening to people with dementia & their carers.

Unit 6 will build on what you learned in Unit 5 by raising your awareness about how you can help people with dementia & their carers to stay well.

#### Objectives of the unit:

By the end of this unit you will be able to:

- ✓ Explain what it means to stay well whilst experiencing dementia
- ✓ Describe how dementia friendly environments can support people to stay well
- ✓ Discuss some examples of best practice
- ✓ Explore ways that you can improve your own practice

**Video presentation: Carer's perspective of living well with dementia. What do you think?**



Write your thoughts here:

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**Pause & think: Ideas for staying well. What do you think about some of the ideas being presented here?**

NHS  
Health Education England

### Pause & think: Ideas for staying well

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Write your thoughts here:

**Pause & think: What do you think about some of the suggestions?**

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Health Education England

### Creating dementia friendly environments


- Clear signage
- Bright, well lit environment
- Quiet/reduced stimuli
- Coloured crockery
- Coloured Toilet seats
- Coloured doors

[Virtual Dementia Environments](#)  
[Stirling University](#)

Write your thoughts here:

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**Pause & think:** What do you think about some of the dementia friendly hospital suggestions?



**Pause & think:**

**Dementia friendly hospital - best practice example**

The Virtual Hospital shows how to make an acute setting dementia-friendly and in doing so, easier for everyone.


[Getting well in hospital](#)

What do you think about some of the suggestions?

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Write your thoughts here:

**Pause & think:** What do you think about some of the dementia friendly care home suggestions?



**Pause & think:**

**Dementia friendly care home - best practice example**

The Virtual Care Home is an online resource that demonstrates dementia-friendly design in care home settings or people's own homes.

[Living well at home](#)

What do you think about some of the suggestions?

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Write your thoughts here: